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WHAT IS CLAIMED IS:

1. A method for sharing resources between first and second workstations separated by a segment of a public network, the method comprising the steps of:

transmitting a message from said first workstation to said second workstation separated from said first workstation by at least one security measure and disposed within a destination computing site;

employing a protocol to enable said transmitted message to penetrate said at least one security measure; and

executing a command included in said transmitted email message.

- 2. The method of claim 1 wherein said message is an email message and said protocol is SMTP (Simple Mail Transfer Protocol)
- 3. The method of claim 1 wherein said step of executing said command comprises the step of:

enabling an SMTP server dedicated to said second workstation to automatically perform at least one operation selected from a group of extensive operations.

- 4. The method of claim 1 wherein said executing step comprises the step of: performing an operation on data other than said transmitted message.
- 5. The method of claim 1 further comprising the step of: at said second workstation, verifying an identity of said first workstation.
- 6. The method of claim 1 wherein said at least one security measure is a firewall.

- 7. The method of claim 6 further comprising the step of: disposing said destination computing site within a controlled-access network.
- 8. The method of claim 7 further comprising the step of:
 disposing said firewall in between said public network and said controlled-access network.
- 9. The method of claim 7 further comprising the step of: attaching an executable file to said message, wherein said executing step comprises the step of: executing said attached executable file.
- 10. The method of claim 1 wherein said executing step comprises the step of: executing a routine resident in said controlled-access network identified in said message.
 - 11. The method of claim 10 wherein said step of executing comprises the step of: running a diagnostic program at said second workstation.
- 12. The method of claim 1 further comprising the step of:
 identifying said included command employing at least one script recognizable to said second workstation
 - 13. The method of claim 1 wherein said executing step comprises the step of: performing an operation on a document attached to said transmitted email message.

14. The method of claim 1 wherein said executing step comprises the step of:

performing an operation on a document resident within said destination computing site.

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15. A system for securely enabling resource sharing among a plurality of workstations over a public network, the system comprising:

means for transmitting a message from a first workstation of said plurality of workstations onto said public network;

means for enabling said transmitted email message to pass through a firewall separating said public network from a workstation disposed in communication with a controlled-access network coupled to said public network;

means for receiving said transmitted email message at said second workstation;
means for verifying an authorization of said first workstation to request execution of a selected function at said second workstation; and

means for automatically performing said selected function at said second workstation if said authorization of said first workstation is verified.

- 16. The system of claim 15 wherein said message is an email message.
- 17. The system of claim 15 wherein said means for enabling comprises: an SMTP port for enabling communication of said message through said firewall.
- 18. The system of claim 15 further comprising:
 an email server dedicated to said second workstation; and
 means for enabling communication between said dedicated email server and said
 second workstation.
- 19. The system of claim 15 wherein said means for verifying said authorization comprises:

means for generating a digital signature at said first workstation; and means for decrypting said digital signature at said second workstation.

20. The system of claim 15 wherein said means for automatically performing comprises:

means for running an executable file attached to said message.

21. The system of claim 15 wherein said means for automatically performing comprises:

means for running an executable file identified in said message and resident in said controlled-access network.

22. The system of claim 15 wherein said means for automatically performing comprises:

means for performing an operation on a document attached to said message.

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23. A system for causing a function to be performed at a destination computing site remote from a requesting computing site, the system comprising:

an email composer disposed in communication with a requesting computing site for composing an email message including a task description and data authenticating said requesting computing site;

a network link for enabling transmission of said composed email message;

a mail gateway disposed in communication with said destination computing site for receiving said transmitted composed email;

a mail server dedicated to a destination computing device disposed within said destination computing site for identifying said task description;

means for verifying said authenticating data; and means for executing said described task where said authenticating data is verified.

- 24. The system of claim 23 wherein said authenticating data includes a digital signature.
- 25. The system of claim 23 wherein said destination computing site is coupled to a local area network.